



EVERYONE WITH DIABETES COUNTS

Diabetes Empowerment Education Program - DEEP™

Curriculum Description

The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes and existing diabetes, their relatives and caregivers gain a better understanding of diabetes self-care.

Goals:

The main goals of the Diabetes Empowerment Education Program are:

- To improve and maintain the quality of life of persons with diabetes;
- To prevent complications and incapacities;
- To improve eating habits and maintain adequate nutrition;
- To increase physical activity;
- To develop self-care skills;
- To improve the relationship between patients and health care providers;
- To utilize the available resources.

Class Guidelines:

Classes incorporate the following guidelines:

- Curriculum is an evidence based program that incorporates self-care education guidelines
- Eight modules of learning with classes once a week for six weeks
- Approximately 2 hours in length, depending on class size
- 10 – 20 people per class
- Participatory teaching and learning
- Can be taught by Peer Educators or Community Health Workers who are usually lay people within the community
- Graduation after completion of at least 80% of the modules and completion of a pre and a post test

Module Descriptions:

The curriculum has been divided into 8 modules so that the facilitator can use them in any order, based on the needs of the participants and the level of their knowledge of diabetes.

Module #1: Beginning Sessions and Understanding the Human Body

This module includes:

- Exercises to establish trust and solidarity among group members and to obtain the motivation and participation of all;
- Description of the functioning of the human body and its relation to diabetes;
- Strategies to manage and control diabetes with the goal of beginning to reinforce the importance of self-care principles.

Module #2: Understanding Risk Factors for Diabetes

This module includes:

- The definition, classification and the symptoms of diabetes;
- Risk factors and the Weekly Action Plan.



Module #3: Monitoring Your Body

This module includes:

- The diagnosis of diabetes, hypoglycemia, hyperglycemia, and ways to control it;
- Diabetes management and the benefits of the glucose meter.

Module #4: Get up and Move! Physical Activity and Diabetes

This module includes:

- Motivating the participants to perform some physical activity on a regular basis and to incorporate exercise as a method to control diabetes.

Module #5: Controlling Diabetes through Nutrition

- This module includes:
- Concepts and basic nutritional terms that allow participants to make correct decisions when selecting foods;
- Portion Control;
- Use of food labels.

Module #6: Diabetes, Complications: Identification and Prevention

This module includes:

- The main complications of diabetes;
- The different specialists and health care team available for prevention and control.

Module #7: Learning about Medications and Medical Care

This module includes:

- Medications available for the control of diabetes, hypertension, high cholesterol and triglycerides;
- Medications' mechanisms of action, recommendations, cautions and side effects;
- How to improve communication with health care providers;
- Self-Care Guides to be used by persons with diabetes.

Module #8: Living with Chronic Disease: Mobilizing Family and Friends

This module includes:

- Emotional aspects of chronic disease, such as stress and depression;
- Patients' rights;
- How to involve family and friends in the self-care program.

For more information please contact Amy Fletcher at iaqiosupport@area-d.hcqis.org or 515-440-8600

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